

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08.00 - 08.15	Playitas Sun Salutation Plaza Rambla	Playitas Sun Salutation Plaza Rambla	Playitas Sun Salutation Plaza Rambla	Playitas Sun Salutation Plaza Rambla	Playitas Sun Salutation Plaza Rambla	Playitas Sun Salutation Plaza Rambla	Playitas Sun Salutation Plaza Rambla
08.15 - 08.45	Morning Run/Walk	Morning Run/Walk	Morning Run/Walk Plaza Rambla	Morning Run/Walk	Morning Run/Walk	Morning Run/Walk	Morning Run/Walk
08.15-09.15	or 9 km offroad run (6min/km)	Lighthouse race (13,5km) Pre-Book in Sports Booking		Introduction Nordic Walk Pre-Book in Sports Booking,	or 9 km offroad run (6min/km)	Plaza Rambla	or Nordic Walk tour 5k Pre-Book in Sports Booking,
09.00 - 09.45 Plaza Rambla	Spinning Pre-Book in Sports Booking	Spinning Pre-Book in Sports Booking	Spinning Pre-Book in Sports Booking	Spinning Pre-Book in Sports Booking	Spinning Pre-Book in Sports Booking	Spinning Pre-Book in Sports Booking	Spinning Pre-Book in Sports Booking
11.00 start	25k MountainBike Tour(€20) Pre-Book in Sports Booking	80km Road Bike Tour (€25)* Pre-Book in Sports Booking		40km Road Bike Tour (€25)* Pre-Book in Sports Booking	25k MountainBike Tour(€20) Pre-Book in Sports Booking		
10.00 - 11.00	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1
11.00 - 12.00	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1
Tennis 11.00 start		TennisTournament (10€)** ** Sign up at the tennis academy			TennisTournament (10€)** ** Sign up at the tennis academy		
12.00 - 13.00			Basketball Tournament Multi Sports Court 1		Basketball Tournament Multi Sports Court 1		
13.15			Aquatlon 200m swim/3.2km run Pre-Book in Sports Booking				
15.00-16.00	Football Tournament Multi Sports Court 1	Football Tournament Multi Sports Court 1	Football Tournament Multi Sports Court 1	Football Tournament Multi Sports Court 1	Football Tournament Multi Sports Court 1	Football Tournament Multi Sports Court 1	Football Tournament Multi Sports Court 1
15.15 - 15.45	Aqua Aerobics Pool, Aparthotel	Aqua Aerobics Pool, Aparthotel	Aqua Aerobics Pool, Aparthotel	Aqua Aerobics Pool, Aparthotel	Aqua Aerobics Pool, Aparthotel	Aqua Aerobics Pool, Aparthotel	Aqua Aerobics Pool, Aparthotel
16.00-17.00	Volleyball Volleyball Court	Volleyball Volleyball Court	Volleyball Volleyball Court	Volleyball Volleyball Court	Volleyball Volleyball Court	Volleyball Volleyball Court	Volleyball Volleyball Court
17.00 - 18.00	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1
17.00 - 18.00 Plaza Rambla	Spinning Pre-Book in Sports Booking	Spinning Pre-Book in Sports Booking	Spinning Pre-Book in Sports Booking	Spinning Pre-Book in Sports Booking	Spinning Pre-Book in Sports Booking	5k or 10k run race Pre-Book in Sports Booking	Spinning Pre-Book in Sports Booking
18.00 - 19.00	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1	Step or Aerobics or Stretch Multi Sports Court 1
18.00 - 19.00 Plaza Rambla	Spinning Pre-Book in Sports Booking	Spinning Pre-Book in Sports Booking	Spinning Pre-Book in Sports Booking	Spinning Pre-Book in Sports Booking	Spinning Pre-Book in Sports Booking	Spinning Pre-Book in Sports Booking	Spinning Pre-Book in Sports Booking
21:30 - 22.30	evening entertainment Sports Bar, Plaza Rambla	evening entertainment Sports Bar, Plaza Rambla	evening entertainment Sports Bar, Plaza Rambla	evening entertainment Sports Bar, Plaza Rambla	evening entertainment Sports Bar, Plaza Rambla	evening entertainment Sports Bar, Plaza Rambla	evening entertainment Sports Bar, Plaza Rambla
23:00 - 01.00	Dance Music Sports Bar, Plaza Rambla	Dance Music Sports Bar, Plaza Rambla	Dance Music Sports Bar, Plaza Rambla	Dance Music Sports Bar, Plaza Rambla	Dance Music Sports Bar, Plaza Rambla	Dance Music Sports Bar, Plaza Rambla	Dance Music Sports Bar, Plaza Rambla

***Please be aware that all instructions are in English and all activities at your own risk.**

*** Sports program is subject to changes. Please check recent program on website to have an idea of classes which are given**

Opening hours fitness 08.00-13.00 and 15.00-20.00 . Use of fitness is free of charge.

New in Fitness!: AB-Core class 1/2 hr

Mon-Sat 10.15-10.45 and 11.15-11.45. Max 8 persons per class.

Possible to book swimming classes (10 euro for groups lesson, 30 euro for privat lesson). Depending of staff availability, pre-book in Sportsbooking when you are at Playitas.

Introduction to golf: every Monday at 16.00 (3 euros).Beginners golf course (3 days) Tuesday- Thursday 10-12. Inform about the prices in Golf Club House